

LAMB CUTLETS WITH QUINOA TABBOULEH

Serves 4 | Prep time: 15 mins (excluding marinating time)

Cook time: 20 mins

INGREDIENTS

Lamb

800g lamb cutlets

2 tbsp rosemary, finely chopped

1 garlic clove, minced

2 tbsp extra virgin olive oil
(extra for cooking)

Salt and pepper to taste

Tabbouleh

½ cup quinoa, rinsed

2x bunches of parsley, washed
and finely chopped

1 Lebanese cucumber, diced

100g cherry tomatoes, diced

¼ cup mint, finely chopped

2x spring onions, thinly sliced

Dressing

1/3 cup extra virgin olive oil

Juice from 2 lemons

1 garlic clove, minced

Salt and pepper to taste

METHOD

1. In a small bowl, mix rosemary, garlic, oil and seasoning. Coat the lamb cutlets in the marinade. Cover with cling wrap and place in the fridge for 1 hour.
2. Meanwhile, prepare the quinoa as per packet instructions and set it aside to cool.
3. Add all the ingredients to a large salad bowl and combine well.
4. Add dressing ingredients and combine in a small measuring cup or bowl.
5. Heat oil in a pan over medium-high heat. Cook cutlets for 3 minutes per side or until the meat is pink inside. Remove from the pans and allow to rest for 5 minutes before serving.
6. Dress the tabbouleh and serve with lamb cutlets.

NUTRITION TIP

Lamb contains iron, vitamin B12 and protein. Choosing cutlets over high fat cuts of lamb is better for your heart health.

